

Sacrosse

Team - 12 players.

- no limited territory.

Goal - when ball is pushed, thrown, kicked etc. through the goal.

Drawing or Facing

Game is started by opposing C.F.'s standing with crosses crosses edgewise back to back with ball held between them. On word "draw" each draw their cross quickly away.

Drawing is performed in 12 ft. circle in centre of the field.

All players must be 10 yd. away at draw.

Goal crease is in front of & behind goal. Goal does not count if ball is hit from within crease.

2) if attacker is in crease when ball goes through goal. Goalkeeper may not be checked when in crease.

There is no offside.

Foul - Penalty - Person fouled has free throw.

Out-of-bounds - When ball goes out, a draw is taken by nearest opponents opposite where it went out.

Checking - hitting opponents' cross with own cross - only when both are trying to play ball.

Body-checking - shoving player with shoulder, hip but only from front & side.

Tackling is not allowed.

Goal-keeper may use to touch ball but may not catch or throw it.

Blocking - player running with ball may be blocked if person gets between him & goal.

Position of players.

Goal.

First home. Point

Second home. Corner-point

Third home. Third Man

Left Defense

Right Defense

Centre

Left Attack

Right Attack.

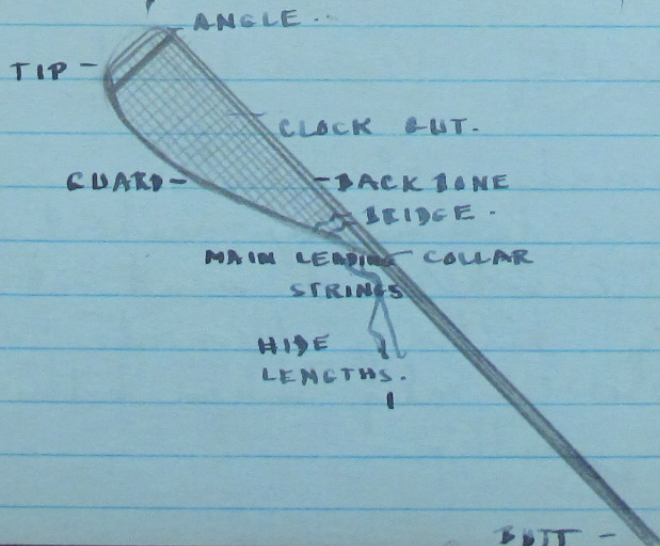
Third man. Third home

Corner-point Second home.

Point. First home.

} attack

Parts of Lacrosse Stick



Field 100 yd. by 80 yd.

Goals 6 ft. apart.

Crosse 12 ft. by 12 ft.

Attack cannot enter crease.

No boundaries

Circle - in centre of field 10 yd. radius.

Defense - intercept, body-check, crosse-check attacking players.

- are goal-keeper, point, cover-point, third man, left & right defense.

Cradling - natural swing of the crosse, a swinging movement which keeps the ball in the centre of the crosse rolling from side to side. It can easily be thrown from this position. Stick is held high, wrist rotates, arm bends at the elbow under elbow is fully flexed, crosse upright butt hand shoulder high. Shoulders enter action which is free & relaxed throughout.

Picking up ball from ground.

- 1) Firm grip with butt hand.
- 2) Knees well bent - to get down to ball.
- 3) A quick push under the ball with the head of a stick.
- 4) Keep both hands on stick throughout.

If ball rolls towards player.
stick is more upright.

If ball rolls away from player
emphasize sharp push.

Draining ball - cradling & pulling in movement.

Three passes.

1) Pass from right side.

- Head of crosse on right side of player.
- Wood leaning towards the ground.
- Ball against wood & half way up the head of the crosse.
- On throw, butt hand is pulled towards body, collar arm extended, head of stick points in direction of ball flight.

2) Pass from left side. (under arm & head on butt)

- Shoulder turns to left, carrying crosse round to left side of body. Continue circle, bringing crosse close to side & head of crosse up & forward again, intending right arm, with angle of crosse pointing in direction of ball flight.

3) Overhead passing. (On the right, left hand at butt)

Crosse held slanting in front, head well away & butt hand close to body. On throw, pull butt hand & extend collar arm sending ball up & back in an arc. Angle points in direction of ball flight.

Three catches.

- 1) On right side of body.
- 2) On left side of body.
- 3) Overhead.

Remember.

- 1) the wrist twist.
- 2) the arm give
- 3) the cradling to follow after catch.

Dodging.

1) To the left.

Crosse held to left of attacker.

2) To the right.

Crosse held to right of attacker.

Dodging. At last minute increase speed + make a quick dodge.

Body checking.

Defense player is in path of attacker, swinging from side to side, weight from one foot to the other on the toes.

Crosse also swings from side to side guarding opponent's stick.

Crosse checking.

Series of light taps down on head of opponent's stick, dislodging ball.
Done with wrist action.

Shooting for goal.

1) Overhead shot from right.

2) Underarm shot from left.

1) Pull with hand + allow crosse to follow through shot to the ground.

2) Ball travels close to ground.

Crosse head not lifted at end of shot.

Grip - Firm not tense.

Wrist & elbow with pulse.

Arms never tense & straight.

Controlling hand at butt.

Ball lies half-way down crosse on wood.

Swing (cradle) - Natural not forced.
Basis of lacrosse.

Catch - Ball goes into crosse with swing + without any special catching.
Natural catching is towards foot forward.

Throw - Ball comes off angle of which points.
Low lever comes in time with the run across the forward foot. Can be done in all directions.

Arm behind stick - work is to manipulate crosse on move, so rhythm of run is not interrupted in catching & throwing.

At Home.

Most individual & calls for great skill.

Quickness is needed, stick & footwork excellent, because of confined space.

Must be able to shoot from all angles, even when marked.

Must find spaces by sudden darts to side, reaching out for crosse.

Continually change tactics, make space to move into, mark P. to last moment + then dart out side of forward towards ball.

Disguise intentions from P. catch + shoot at once, field wide balls + tackle P.

2nd. Home.

Must follow up attacking movements, made by her attack + make a goal, 1) by well-placed pass to 1st home, 2) attack wing, 3) shoot herself.

Must have stick + footwork + an excellent shot.

Position is determined by position taken by her 3rd home + attack wings.

Skill lies in finding the one + only spot of any use + in disguising her movements from her opposing defense until the last moment.

Defense watch her movements always, as she is first of attack + ∴ very cunning. She must work in understanding with other attacks, always better to pass to 1st home + allow her to shoot if she is in better position.

Interchanging

- 1) 1st H. draws out 2nd, goes through + shoots. 2, if goes out gets ball + passes back into space for 2nd to shoot.

- 2) If 2nd H. goes out, attach Wing comes in to get pass. 2nd H. stays out until that part of game is over.
- 3) If 3rd H. is well marked & can't get free, if C. has the ball, she will draw 3rd man to the side & allow C. to pass to 2nd H. & in this case 2nd must begin to mark early.

3rd. Bone

Space is more limited than that of C. Otherwise tactics similar. Creates a definite feeling of danger amongst opposing defence. This can be done by taking a very direct line for goal & at the same time being able to pass.

Position depends largely on that of centres & attack wings.

- 1) Begin spacing movement
 - 2) Make rush for goal & pass to any free attack
 - 3) Dodge through & shoot whenever opportunity occurs.
 - 4) Interchange with 2nd & C, remember to mark opposing C. until own centre gets back to place.
 - 5) Get free & help her wings, if C. is not already doing it.
- 3rd No. difficulty is to receive ball with her back to her goal & to know where these attacks are placed.

Attack wing

Speed + endurance, run all times.
Stick with good, combines with C.
attacks + opposite wing + join in
every attacking movement made.
Link between attacks + defence, can't
hesitate with ball, but must pass
minutely or run at full speed
for goal.

Must be able to

- 1) take ball well ahead + at top speed.
- 2) follow up with a shot.
- 3) give type of pass that allows
her H's to catch + pass in a
limited space.
- 4) give a long pass over to other
wing
- 5) shoot well at long + close range.
- 6) be prepared to run through + side.
- 7) be able to take a long high pass
+ get off the mark at once at
top speed.
- 8) mark opposing defense when she
has the ball.

Attack wing

Must not come into the center too much, ^{keep}
Keep away from 2nd H. to make
it impossible for defense to mark
both at same time.

Centre.

Must defusing centre.

Sound defence tactics, made possible if C. makes well all through the game.

If C is stronger & faster than her opponent & if she can be of great assistance for attacking & defending.

If defences are hard pressed she can always be ready to help them out.

Take ball down field, but not holding on to it longer than necessary.

Make opening for attacks.

1) outstriking opponent & pressing towards goal.

2) find 2nd man & passing to 2nd H.

3) hedging her opponents

4) drawing defence wing & passing to her attack wing.

Must not crowd own halves too much.

Divides game so no-one is overworked.



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